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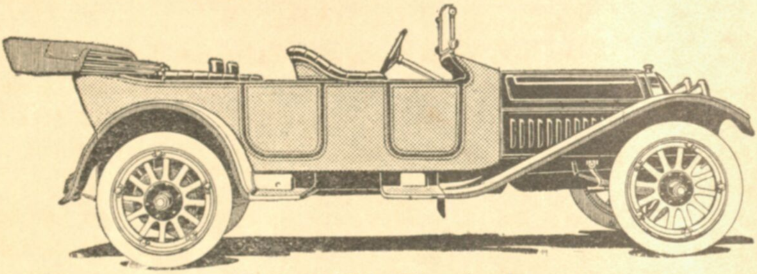

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SOUPS

CREAM OF TOMATO SOUP.

One quart milk, 1 bay leaf, 1 teaspoonful sugar, 1 pint canned tomatoes, sprig of parsley, 1-4 teaspoonful soda, 3 teaspoonsful Cottolene, blade of mace, 2 pounds. Roller Champion Flour. Stew tomatoes and seasoning 15 minutes; put milk on in a double boiler; rub Cottolene and flour together, add to milk when boiling and stir until thick. Press tomatoes through seive, and if ready to use the soup add sugar and soda to tomatoes; then add the boiling milk, stir and serve at once.—Mrs. Reinhart.

PINK SOUP.

One-half can of tomatoes, cook ten minutes, add a half teaspoonful of soda and cook five minutes longer. Have 1 1-2 pint hot milk at the back of the stove to which has been added butter the size of a walnut. Strain tomatoes and add to the hot milk. Serve with crackers hot. —Mrs. T.

CREAM TOMATO SOUP.

One quart can tomatoes, boiled and strained; heat 1 quart sweet milk, add 1-4 teaspoonful soda, 1 teaspoonful Roller Champion Flour rubbed with it, add tomatoes; salt and pepper to taste. Do not let boil after adding tomatoes; add 1-2 teaspoonful sugar.

BEEF SOUP.

To about three quarts of boiling water put a small soup bone and boil until meat is very tender; then add three grated potatoes and two onions chopped very fine. Boil up and season with salt and pepper.

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FISH AND OYSTERS

CREAMED SALMON.

Make a sauce of 1 tablespoonful butter, 1-2 teaspoonful salt, one of Roller Champion Flour and sweet milk; when thick enough stir in salmon and serve hot on toast.

BAKED FISH.

Let the fish remain in cold water slightly salted for an hour before time to cook it. Place in a dripping pan with a little hot water in it and bake in a hot oven. Just before it is done spread Cottolene well on top and brown nicely. The time of baking depends on the size of the fish. A small fish will bake in about half an hour. Serve with a sauce which is made from the gravy in the dripping pan; thicken with brown Roller Champion Flour, moisten with a little cold water; flavor with the juice of a lemon.—Mrs. C. F. S.

FISH BALLS.

One pint shredded salt fish, 1 egg, 10 potatoes of medium size, 1 tablespoonful butter, 1-4 teaspoonful pepper, 1-2 teaspoonful salt, Cottolene for frying; sprinkle fish over potatoes, cover with boiling water and cook 30 minutes; mash fine and light, add butter, salt, pepper and egg well beaten; beat 3 minutes, shape the balls and fry about 5 minutes.—A. M. R.

Cottolene is much more wholesome than lard or butter.

DEVILED CRABS.

Twelve nice heavy crabs, 1-2 pint cream, 2 pounds Roller Champion Flour, 1-4 grated nutmeg, 4 egg yolks boiled hard, 1 tablespoonful each salt, butter, chopped parsley and cayenne to taste. Boil crabs 30 minutes; pick out all the meat, put cream on to boil, rub butter and flour together and add to cream; take from fire when thick and add crab meat, eggs, mashed fine, and seasoning; put in upper shells of crabs, brush over with beaten egg and plunge into hot Cottolene.—A. M. R.

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FRIED FISH.

Remove skin and bones as much as possible from sliced fish, wipe dry, roll in crumbs or meal, then in beaten egg and then in crumbs, and fry in deep Cottolene hot enough to brown; bread while you count sixty. Drain well or simply cover with seasoned meal and brown on each side in hot Cottolene in frying pan.—A. M. R.

What must I have for breakfast?
Hot waffles and Velva Syrup.

OYSTER STEW.

Cook oysters in their own liquor until plump and tender, about two minutes, remove scum, add salt, pepper and little butter. Serve with crisp crackers. Spoon of cream will make it more delicious.

Cottolene is much more wholesome than lard or butter.

SCALLOPED OYSTERS.

Put a layer of either bread or cracker dust in the bottom of a buttered pudding dish, wet with oyster liquor; next have a layer of oysters, sprinkle this layer with salt and pepper and lay small bits of butter upon them and so continue bread and oysters alternately until dish is full, top layer to be crumbs. Cover with milk. Bake one hour if dish is large, if small half an hour to three-quarters.—Mrs. H. W. M.

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OYSTER CHOWDER.

Cook one minced onion in a level tablespoonful Cottolene until slightly colored, add 1 cup hot water and stir well; add 1 pint thin sliced potatoes; cook until soft, add 1 pint oysters and 1 cup white sauce and a few oyster crackers. When oysters are plump, serve|—Mrs. L.

Velva Syrup is good for table use, cooking and candy making.

CREAMED OYSTERS.

Parboil 1 pint solid oysters until edges curl, drain, add to liquor milk to make 1 1-2 cups; melt 2 tablespoonsful butter or Cottolene and cook in it without browning 1 teaspoonful minced onion, 1 tablespoonful minced pepper and 1 tablespoonful minced celery; stir in 2 tablespoonsful Roller Champion Flour, add hot liquid, stir till smooth, add oysters, cook a moment longer and serve in pie.—Mrs. L.

POULTRY, MEATS & SAUCES

BARBECUE ROAST.

(5 or 6 pounds.)

One cup of vinegar, 1 kitchen spoonful of butter, 1 teaspoonful black pepper, 1 teaspoonful of salt, 1-2 teaspoonful of mustard.—Mrs. W. T. Waters.

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EAGLE SPAGHETTI WITH CHICKEN OR MEAT.

A tablespoonful of lard into a frying pan, and when hot put in one chicken or a pound of meat cut in small pieces. Let this cook for about five minutes, then put in a large onion and a clove of garlic cut fine, frying to a light brown. Next add one can of strained tomatoes, season with salt, pepper and a teaspoonful of sugar. Let all cook until chicken or meat is tender. In the meantime cook 1 pound of Eagle brand spaghetti by putting on boiling salted water and cook 15 minutes. Drain and lay on a large platter, pour the sauce over and sprinkle with grated cheese. This quantity is sufficient for five or six persons.—C. S. Simmons.

MEXICAN CHILI.

Cut two slices of fat pork into dice, put into a kettle and fry it out; add one pound of lean beef chopped, put in 1 quart of cold water and let cook slowly for one and one half hours. Run through a meat chopper three good size potatoes, one large onion and one half can of tomatoes and add these to the meat; salt to taste, and one teaspoonful of Chili powder may be added. Cook for 40 minutes, add water as needed, always hot; stir often, as it may stick to the bottom of the pot. Add brown beans if liked. This is fine; it makes nearly a gallon.—Mrs. Tarrant.

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BROILED LIVER.

Prepare for frying and broil over live coals until thoroughly done and remove to a hot platter; strew over with small bits of butter, salt and pepper; put in hot oven for a few minutes and serve.

BEEF LOAF.

One pound round steak, 1 pound lean pork, 1 cup cracker or bread crumbs, 1 small can of tomatoes, 2 eggs, salt and pepper to taste. Have meat ground and mix all together except the tomatoes, which pour over the loaf with a little boiling water and bake in oven.—Mrs. Kay.

Cottolene is much more wholesome than lard or butter.

A NICE BREAKFAST DISH.

Cut from breast of cold fowl (veal or other white meat can be used), dip in beaten eggs, then in cracker dust; fry to a nice brown in hot Cottolene; cut slices of stale bread in quarters, dip quickly in cold water, then in the cracker dust, and fry same as meat; garnish with bits of parsley.—Mrs. Brittan.

BEEF LOAF.

One pound of ground beef, 1 egg, 1 onion, 6 crackers, lump of butter, salt and pepper, a little water, bake until brown.—Mrs. Harlee.

HAM TRIANGLES.

Roll biscuit, crust rather thin and cut into rounds or squares; place on each piece a spoonful of minced ham (or other meat as convenient), moisten slightly with stock or warm water; wet the edges of crust, fold and press closely together; brush over with milk or yolk of egg and water and bake in a hot oven. Serve with a brown cream or tomato sauce.—Mrs. W. G. Tyler.

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MOCK DUCK.

A nice round steak, 5 thick slices of bread, 5 cold boiled potatoes, 1-2 cup of chopped celery, 2 tablespoonsful of Cottolene, 1 large onion, 2 eggs and a teaspoonful of chopped parsley. Soak the bread and squeeze out the water, add the onion which has been browned in the butter, the celery, the potatoes cut into dice, eggs and parsley, mix thoroughly, season to taste and if too dry a little milk. Spread the stuffing over the steak, roll and tie; sear the outside in a smoking hot pan, place in a moderate oven. Baste from time to time until tender, place on a serving dish, pour over the thickened gravy and garnish with parsley. —Mrs. T.

Cottolene is much more wholesome than lard or butter.

BEEF ROLL.

One large thick slice of round steak; make a dressing of bread crumbs, 1 spoonful of butter, 1 of finely chopped onions; season with salt, pepper and sage; spread on the steak, roll and tie securely and bake one hour.—Mrs. J. R. Copeland.

Hello! Well! What is it? Send me some Velva Syrup.

CHICKEN OR MEAT CROQUETTES.

Mince cold meat or chicken fine, moisten with cold gravy, add 1 egg, season with salt, pepper, onion and a little sage, add 1-2 teaspoon Rumford's Baking Powder; make into croquettes, roll in egg, bread crumbs and fry in deep hot Cottolene; one cup rice may be added before frying.—Mrs. E. A. Holmes.

CREOLE STEAK.

Take nice round steak, beat well and fry in hot Cottolene, add 1 can tomatoes, 2 large onions, plenty of pepper; cook slowly until done.

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TOMATO SAUCE.

Melt 2 tablespoonsful of butter, add 2 of Roller Champion Flour and one cup strained tomato, also slice of onion, small bay leaf, 1 teaspoonful of salt, speck pepper, a little kitchen bouquet, 2 cloves and a bit of mace. Simmer 15 minutes, strain and serve.—Mrs. W. G. Tyler.

Hello! Well! What is it? Send me some Velva Syrup.

TOMATO SAUCE.

Cook one rounded tablespoonful minced onion in 1 tablespoonful Cottolene till slightly colored, add same amount of minced sweet pepper, celery or parsley, carrot or turnip; stir in 1 rounded tablespoonful Roller Champion Flour and 1-4 level teaspoonful salt; add gradually from 1 to 1 1-2 cups strained hot tomato.—Mrs. L.

Cottolene is much more wholesome than lard or butter.

WHITE SAUCE.

Melt and mix 1 rounded tablespoonful each of butter or Cottolene and Roller Champion Flour with 1-2 teaspoonful salt, add gradually 1 cup hot water, cream or stock; stir till smooth.—Mrs. L.

**What must I have for breakfast?
Hot waffles and Velva Syrup.**

BAKED SQUABS.

Prepare for broiling, then put into a baking pan with a cup of hot water, an ounce or two of butter and a little salt. Bake in hot oven, basting often until done. Serve with or without buttered toast. Thicken the gravy in the pan with a little brown Roller Champion Flour.—Mrs. Brittain.

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EGGS

BOILED EGGS.

Put them on in cold water and when it has boiled the eggs will be done, the whites being soft and digestible, as they are not when put on in boiling water.—Mrs. Dickson.

SCRAMBLED EGGS.

Take a small piece of butter and a little cream, warm in a frying pan, break six eggs in it and stir until slightly cooked; serve hot or scrambled in Cottolene.—Mrs. O. Reinhart.

Cottolene is much more wholesome than lard or butter.

CREAM OMELET.

Allow from 1 to 2 tablespoonsful of thick cream for each egg; beat till well mixed, but not frothy; season lightly with salt and pepper and cook in portions (not more than 2 eggs at a time) in hot omelet pan, greased slightly with Cottolene or butter. Drain the egg back toward the middle (tip the pan to help it to run there) as it thickens, and when all the egg is set or does not flow when pan is tipped, turn one-half over and toss out on a hot dish.—Mrs. R.

CHEESE

CHEESE STRAWS.

Two cups sifted Roller Champion Flour, 1 spoon salt, pinch cayenne pepper, 1 large spoon lard, 1 pound grated cheese.

CHEESE STRAWS.

One pint of Roller Champion Flour, 1-2 pint of grated cheese, mix then, make a paste with 1-2 lard and 1-2 butter as for pies; roll out in a thick sheet, cut in strips 1-2 inch broad and 5 or 6 inches long. Bake a light brown; nice with salads.—W.

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CHEESE PUFFS.

Place half a cup of water and one-fourth cup of butter in a granite saucepan over the fire and when this is boiling add four tablespoons of Roller Champion Flour and two of cornstarch, which have been sifted together. Beat thoroughly while cooking for several minutes, remove from the fire and stir in half a cup of fresh grated cheese. Season with salt and paprika and beat in two eggs singly. Press the mixture through the pastry bag on a well greased baking sheet, making balls less than two inches across. Bake in very moderate oven about twenty-five minutes until light and firm. These may be served warm or split open when cold and filled with whipped cream to which has been added salt, pepper and a little Parmesan cheese.

Velva Syrup is good for table use, cooking and candy making.

CHEESE STRAWS.

One-fourth pound cheese, 1-4 pound butter, 1 egg, salt; grate the cheese and work in Roller Champion Flour to stiff dough; cut in short, narrow strips and bake in hot oven to a delicate brown.—Mrs. Abercrombie.

CHEESE BALLS.

One and one-half cup grated cheese, 3 whites of eggs, 1-4 teaspoon salt, 1-4 teaspoon pepper; mix grated cheese with salt and pepper, then add the whites of the eggs beaten stiff. Shape in small round balls, roll in sifted cracker crumbs and fry in deep hot fat to a delicate brown color. Drain on soft paper and serve at once.—Mrs. Abercrombie.

CHEESE FONDU.

Scald one cup of milk and add one and one-half cups of crumbs from center of a stale loaf, also a tablespoon of butter, three-fourths cup of grated cheese, and seasoning of paprika and a little salt. Beat five egg yolks well and mix in thoroughly, let cool slightly and then add stiff whites of eggs gently. Bake in very moderate oven about half an hour, increasing heat at the last to brown the top.

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CHEESE CUSTARD.

Remove crusts from slices of baker's bread and butter each; place in deep dish with alternate layers of grated cheese and seasoning of paprika. The quantity of custard necessary to cover will depend upon amount and dryness of bread. For a two-quart dish about three cups of milk and four eggs will be needed, and if bread is stale it is well to let mixture stand a while before baking. Cook in slow oven until nicely browned.

Cottolene is much more wholesome than lard or butter.

CHEESE BALLS.

Mix together one cup and a half of American cheese grated and one-fourth of a teaspoonful of salt, one teaspoon pepper, then add the whites of three eggs beaten stiff; shape in small round balls, roll in sifted cracker crumbs and fry in deep fat to a delicate brown. Drain on soft brown paper. These are nice served with green vegetable salad. —Mrs. J. W. Fain.

**What must I have for breakfast?
Hot waffles and Velva Syrup.**

OMELET WITH CHEESE.

Four eggs, 1-2 cup milk, 1 teaspoonful Roller Champion Flour, a little parsley, pepper and salt, 1-2 teaspoonful grated cheese, 1 tablespoonful Cottolene. Beat the eggs very light and then add the other ingredients. Beat all well together and pour into a pan in which a large tablespoonful of Cottolene is heated; let it cook till light brown, then fold it over and dish for the table. Shake the pan while the omelet is cooking; must be eaten the instant it is removed from the pan.—Mrs. O. Reinhart.

FRIED SANDWICHES.

Beat 1 egg, add 1 cup of milk, dip in it 6 or 8 sandwiches made with grated cheese and butter; press slices firmly, brown them in hot Cottolene.—Mrs. L.

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RICE AND CHEESE.

Place several layers of cold boiled rice and grated cheese in a baking dish; pour over this a beaten egg mixed in enough milk to cover well; bake in a moderate oven until set; serve very hot.

CHEESE STRAWS.

One-fourth pound butter, 1-4 pound cheese, tablespoonful sweet milk, dash cayenne pepper, Roller Champion Flour enough to mix to stiff dough; roll into straws and bake.—Mrs. J. M. S.

CHEESE CROQUETTES.

Make a cream sauce with four tablespoons of butter, six of Roller Champion Flour and a cup of milk. Beat into this the yolk of an egg and season highly with paprika and a little salt. Add two tablespoons of grated cheese, and when melted remove from fire and stir in gently 1 1-2 cups of mild cheese cut in cubes. Cool the mixture thoroughly, shape into squares or rounds and bread and fry as usual in deep fat.

Velva Syrup is good for table use, cooking and candy making.

Salad, Salad Dressing & Sandwiches

SHRIMP SALAD.

Two head white lettuce, 1 large can shrimp, 1 bottle Durkee's Dressing, 1 box crisp crackers.—Mrs. D. M. D.

WATER LILY SALAD.

Boil eggs until it is hard; peel and cut half into, remove the yolk and mix with a cooked dressing until it is the consistency of thick paste, cut each half of the white of the eggs lengthwise in three pieces. Place the dressed yolk in the center of salad plate with a stuffed olive on top and arrange white of egg around this to look like water liyl, nasturtium leaf will do for lily leaf.—Mrs. J. R. Copeland.

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EGG AND BEET SALAD.

Arrange in rows, alternating eggs and beets and pour upon mayonnaise dressing.—Mrs. J. R. Copeland.

TOMATO ASPIC.

Take 1 qt. can of tomatoes; season with salt, pepper, bay leaf, cloves, with heads taken out and cook for 20 minutes; soak 1 box of Knox gelatine in a little water and pour mixture after cooked through a sieve into the gelatine ; set to cool. When this begins to cool add the breast of one chicken cut fine, 3 pimientoe peppers, 1 stalk of celery cut fine. Put all in round mould; serve asparagus tips in center with mayonnaise dressing.—Mrs. J. R. Copeland.

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FRUIT SALAD.

Two cups chopped apples, 1 cup chopped celery, 1 cup white grapes (seeded and cut in halves), 1 cup pineapple (chopped), add one-fourth teaspoon salt, a dash of pepper and one tablespoon sugar. Mix well these ingredients, adding one-fourth pint whipped cream . Serve on lettuce leaf, garnish with whipped cream and cherries.

SPINACH AND EGG SALAD.

Cook one-half peck of spinach in salted boiling water until tender, drain and chop very fine, and season with one-half teaspoonful salt, pepper, two tablespoonsful of oil, and one tablespoonful lemon juice. Have ready some buttered molds, and into these press the mixture. Prepare some cold boiled eggs and mayonnaise. Turn spinach into serving dish; dispose, chain fashion, rings of the egg white around the base of the spinach, and drop a small spoonful of the mayonnaise in the center of each ring. Pass yolks through a sieve and sprinkle over the tops of the mounds, and place above this the round ends of the whites.—Mrs. Gus Lee.

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GRAPE FRUIT AND PIMENTO SALAD.

Remove pulp from grape fruit, clean out shells, mix pulp with sweet red peppers cut in small strips, dress in mayonnaise and serve in shells.—Mrs. Lunsford.

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BANANA SALAD.

Split bananas in half, dip in cooked salad dressing that has one-half quantity of whipped cream added to it and roll in chopped milk. Serve on lettuce leaf.—Mrs. Lunsford.

**What must I have for breakfast?
Hot waffles and Velva Syrup.**

CHERRY AND NUT SALAD.

Pit one can of large white cherries and into each cherry put a piece of English walnut or a pecan nut. Arrange on lettuce leaves with mayonnaise dressing into which an equal amount of whipped cream has been stirred just before using.—Mrs Tarrant.

CELERY SALAD.

Celery cut fine with rich mayonnaise dressing. Put on lettuce leaves. On top a spoon full of green grapes (seeded and cut in half). On top of grapes five or six red cherries.—Mrs. Wm. J. Sanderson.

DRESSING FOR COLD SLAW.

Mix one rounded tablespoon sugar, 1-2 level teaspoon each of salt and mustard, 1-4 teaspoonful pepper and 1 level teaspoon Roller Champion Flour; melt 1 level tablespoon Cottolene; stir in dry mixture and add gradually 1-2 cup of hot vinegar. When thick and smooth, add quickly 1 beaten egg, cook 1 minute and pour hot over 1 pint shared cabbage.

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DRESSING FOR FRUIT SALADS.

One pint cream whipped stiff; juice of 2 lemons, 1-2 teaspoonful mustard, 2-3 cup sugar; mix all together. Excellent on a salad made of grape fruit, white grapes, oranges, bananas and maraschino cherries.

Hello! Well! What is it? Send me some Velva Syrup.

BOILED DRESSING.

One-half tablespoon salt, 2 teaspoons tapered mustard, 1 teaspoon sugar, few grains cayenne, 1-2 tablespoon Roller Champion Flour, 1 1-2 tablespoonsful melted butter, 3-4 cup milk, 1-4 cup vinegar. Mix dry ingredients, add mustard, yolks of eggs slightly beaten, butter, milk and vinegar very slowly. Cook over boiling water until mixture thickens, strain and cool.

Velva Syrup is good for table use, cooking and candy making.

BOILED SALAD DRESSING.

One tablespoon mustard, 1-2 tablespoon Roller Champion Flour, 2 tablespoonsful sugar, salt and pepper to taste; 6 eggs beaten together until light, add to dry ingredients 1 cup hot vinegar, a lump of butter. Cook all together in double boiler until thick; add whipped cream when ready to serve.—Mrs. D. M. Dickson.

Hello! Well! What is it? Send me some Velva Syrup.

MAYONNAISE DRESSING WITHOUT OIL.

Yolks of 4 eggs, half teaspoonful mustard, teaspoonful sugar, teaspoonful Roller Champion Flour, a sift of cayenne pepper, piece of butter the size of an egg, a cup of milk or cream, one-half cup of vinegar. Be careful to mix in the exact order as above. Stir over the fire until as thick as cream.

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FRENCH DRESSING.

Yolks of 3 eggs, 3 tablespoonsful of sugar, 1 tablespoonful of mustard, 1 tablespoonful butter, 1-2 teaspoonful of salt and 2-3 of a cup of vinegar; cook until thick and stir until smooth.—W.

BOILED SALAD DRESSING.

Beat yolks of 3 eggs until light and stiff, add 2 teaspoons of salt, 1 teaspoon mustard, a bit of cayenne pepper, as much as will lie on point of penknife, 2 tablespoons of sugar, 2 tablespoons melted butter, 1 cup of cream, 1-2 cup of hot vinegar; lastly, whites of three eggs beaten stiff. Cook in double boiler until stiff or thick as custard, stirring constantly. Set aside to cool. Fine.

BOILED DRESSING.

Three eggs, 1 cup of sweet milk or cream, 1 cup vinegar, 1 tablespoon sugar, 1 tablespoon dry mustard, 1 tablespoon salt, 1 scant tablespoon butter. Separate the eggs and beat them till light; then mix and stir in the vinegar; then the cream. In another vessel rub together the sugar, salt and mustard; then thoroughly mix all and last add the butter. Boil until thick and creamy, stirring rapidly all the while.—Mrs. Kay.

DRESSING.

One-half teaspoon mustard, 1 tablespoon sugar, 1 tablespoon Roller Champion Flour, 1-2 cup rich milk, salt and pepper to taste. Cook cabbage in clear water 20 minutes, mix thoroughly these ingredients, pour over cabbage and let cook a few minutes. Just before taking from fire stir in 2 tablespoonsful of vinegar. Let it boil up once and serve hot.

MAYONNAISE DRESSING.

One egg yolk, 3-4 cup olive oil, juice of 1-2 lemon, salt and cayenne. Have your mixing bowl (soup plate is best), fork and all ingredients quite cold. To the egg yolk add alternately olive oil and lemon juice, drop at a time, stirring all the time. Do not beat. Lastly, add salt and cayenne. A few spoons of whipped cream added when you are ready to serve is an addition.—Mrs. S. T. Slaton.

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CABBAGE WITH TOMATO DRESSING.

One cabbage chopped and add one can of tomatoes, three good sied onions, several pieces of celery, one pound of ground ham, salt, pepper to taste, and lastly add one cup of bread crumbs to thicken; boil until done. Bread crumbs should be added after other ingredients are done.—Mrs. J. W. Fain.

Boil spaghetti in salt water until tender sauce; cut up fine two slices of boiling meat and put into frying pan. When this is done cut up two large onions into it and cook until tender, but not brown. Have ready one can of tomatoes, to which has been added one stalk of celery, or teaspoonful of celery seed, one can mushrooms, two garlic buttns, one-fourth teaspoonful of thyme (powdered), and salt to taste; one-half fourth teaspoonful of thyme (powdered), and salt to taste; or one-half pound of grated cheese, one-half of boiled beef may be used if desired. When ready to serve pour sauce over spaghetti.—Mrs. Holmes.

FIG SANDWICHES.

Chop gis to a paste, season with few drops lemon; mix well and spread on thin slices buttered bread.—Mrs. J. L. Lunsford.

Hello! Well! What is it? Send me some Velva Syrup.

MINCED HAM FOR SANDWICHES.

One pound boiled ham, 5 hard boiled eggs, 4 pickles either sweet or sour; mince all together and mix with any salad dressing.

EGG SANDWICHES.

Yolks of 2 hard boiled eggs pounded in a mortar with a little chopped cress, butter, salt and pepper. When a fine paste spread on thin slices of buttered bread. Then press together with thin slices of chicken between.

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CHEESE AND EGG SALAD.

For a family of 6 take 6 eggs and boil hard, about 1 lb. of cheese and grate fine, 1 pt. of sour cucumber pickle, chopped fine, put a layer of boiled eggs chopped fine, a layer of grated cheese and a layer of the pickle chopped fine, pour over these layers mayonnaise dressing and mix all together, serve on lettuce leaves. This salad is speciallly good with meats.—W.

Velva Syrup is good for table use, cooking and candy making.

BREAD AND ROLLS

Cottolene is wholly adapted to all uses in the kitchen where lard is used and in the majority of cases where butter is used it makes lighter biscuits than lard, and they be ever so richthey are never greasy. It is more economical, requiring 1-3 less than either butter or lard.

Velva Syrup is good for table use, cooking and candy making.

SALT RISING BREAD.

Scald one cup sweet milk, do not boil. Set off of fire, stir in enough meal to make light mush. Shut this up in a covered vessel and set in vessel of warm water. If it keeps warm all night it will rise by morning. If it has not risen, stir it ,beat the water around it and keep it warm until it does rise.

Add two cups of warm water and stir in Roller Champion Flour enough to make a batter. Have this batter in large vessel as it must rise as much again. Keep this in water that is almost hot. When it has risen, put in a handful of sugar, salt, 1 tablespoon of Cottolene, and work in as much flour as the yeast will take up. Put in the pan you expect to bake in and let it rise as much again. It is now ready to bake.—Mrs. Abercrombie.

Cottolene is much more wholesome than lard or butter.

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BROWN BREAD.

Three cups of butter, milk or sour milk, 1 cup of molasses, scant, 2 teaspoons of soda. Graham flour to thicken. Bake 1 hour or steam 2 hours.—W.

NUT BREAD.

Three cups flour, 3 level teaspoons baking powder, 1 spoon salt, ½ cup sugar (scant), 3-4 cup chopped nuts. Mix all dry; add 3-4 cup sweet milk and 1 egg beaten light. Let stand 15 minutes and bake 40 minutes. —Mrs. E. A. H.

NUT BREAD.

Two cups whole wheat flour, 2 cups white flour, 2-3 cup brown sugar, 3 tablespoons baking powder, 1 teaspoon salt, 1-2 teaspoon soda, mix well, add 2 cups sour milk, 1 cup pecan meats.—Pour in butter then bake slowly.

BOSTON BROWN BREAD.

Two cups meal, 1 cup Roller Champion Flour, 1 cup Velva molasses, 1 cup butter milk, 2 eggs, 1 teaspoon soda, ½ teaspoon salt. Put in greased vessel and boil three hours.—Mrs. Abercrombie.

CORN PONE.

One cup corn meal, 1 cup wheat flour, 2 eggs, small 1-4 cup melted Cottolene, half cup sugar, 1 cup buttermilk, 1 teaspoon soda, 1 small tablespoon fine salt.—Mrs. H. W. M.

FLOUR MUFFINS.

Three cups Roller Champion flour, 2 teaspoons Rumford's baking powder, 1 teaspoonful salt, 1 egg, 1 pint sweet milk, 2 tablespoons melted butter or Cottolene. Sift together flour, baking powder and salt, add egg well beaten, milk and melted butter. Beat thoroughly and bake in hot, greased muffin tins.

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CORN MUFFINS.

Sift together 1 1-2 cups of corn meal, 1-2 cup of Roller Champion Flour, a teaspoon of salt and 1 1-4 teaspoon of soda. Beat 2 eggs well, add 1 cup of buttermilk, 3 tablespoons of melted Cottolene, mix all thoroughly with meal and flour, adding more milk if mixture seems too thick. Bake in well greased muffin rings. Have oven hot.—W.

Velva Syrup is good for table use, cooking and candy making.

GRIDDLE CAKES.

One cup of sifted flour (one-third of this cup may be entire wheat or fine corn meal, or rye meal.) Before mixing sift on the Roller Champion Flour, one-half level teaspoonful each of salt and soda and one level teaspoon of Rumford's baking powder. Mix and add one beaten egg, and one tablespoon of melted Cottolene, if the milk is one-third cream, omit the Cottolene. Beat well and cook on a griddle, greased slightly with Cottolene. Flours and meals vary, and if the first cake is not right add more flour or moisture as needed.

APPLE TOAST.

Cut six apples into quarters, take the core out, peel and cut them in slices; put in the sauce pan an ounce of butter, then throw over the apples about two ounces of white powdered sugar and two tablespoonsful of water; put the saucepan on the fire, let it stew quickly; toss them up or stir with a spoon; a few minutes will do them. When tender, cut two or three slices of head half an inch thick; put in a frying pan two ounces of butter, put on the fire; when the butter is melted, put in your bread, which takes a nice yellowish color; when nice and crisp, take them out place them on a dish, a little white sugar over the apples about an inch thick. Serve hot.—Mrs. Puckett.

Where Cottolene is used in place of lard or butter in recipes not in this book be sure and use 1-3 less than where lard or butter is called for.

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BUTTERMILK BISCUIT.

One pint buttermilk into which has been stirred one teaspoon of soda, previously dissolved in a little warm water, 2 tablespoons o fbutter or 1-3 less of Cottolene, a little salt and sifted flour to make a soft dough. Mix quickly, roll cutter into biscuits and bake in a quick oven.—Mrs. Brittain.

WAFFLES.

One pint milk, 2 eggs, 1½ tablespoon butter, 1 small teaspoon salt, 2 teaspoons baking powder, thoroughly sifted in flour and flour enough to make small batter. Bake quickly in buttered waffle irons and send to table hot.

CREAM BISCUIT.

On pint sour cream, 1 teaspoon soda, dissolved in a little warm water, and stir into the cream, add the white of 1 egg well beaten, and a little salt. When the cream foams nicely, as it will after putting in the soda, stir into it as quickly as possible enough sifted Roller Champion flour to make a soft dough. Roll out in biscuit form and bake in a quick oven. Sooner the biscuits are in the oven the better.

RUMFORD BISCUITS.

One quart of Roller Champion flour, 1 tablespoon salt, 2 teaspoons Rumford Baking Powder, 2 tablespoons Cottolene. Enough sweet milk or cold water to make a soft dough.

Sift well together the flour, salt and baking powder, rub in the Cottolene, working it until both are well mixed; then soften with the liquid, having either milk or water as cold as possible. (For my home use, when cooking myself I make this dough only twice a week and place in ice box for use from time to time.

Roll the dough about three-quarters of an inch in thickness and cut into biscuit, lay them at a little distance in the pan; bake in a quick oven, twelve or fourteen minutes. Serve hot.—Mrs. J. B. Reid.

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VEGETABLES

STUFFED PEPPERS.

Cut off top of peppers and make a filling of corn tomatoes and finely chopped ham; cook till nearly done, stuff peppers and set in oven till peppers are tender.

SARATOGA POTATOES.

Pare and slice the potatoes on a slaw cutter into cold water, wash them thoroughly and drain, spread between the fold of a clean cloth, rub and pat until dry. Fry a few at a time in boiling Cottolene, salt as you take them out. They are good either warm or cold.—Mrs. H. W. M.

SPAGHETTI (ITALIENNE.)

Cook one-half package of spaghetti in rapidly boiling salt water until tender; boil together 1 can tomatoes, 1 sliced onion, 2 teaspoons butter, 1 teaspoon salt, 1-2 tablespoon corn starch dissolved in cold water; cook until thick. Drain spaghetti, pour sauce over and serve with grated cheese.—Mrs. T.

BROWNED POTATOES WITH ROAST.

Peel, cook and mash the required quantity, adding while hot a little chopped onion, pepper and salt; form it into small oval balls and dredge them with Roller Champion Flour; then place around the meat about twenty minutes before it is taken from the oven. When nicely browned drain dry and serve hot with the meat.—Mrs. Puckett.

STUFFED BAKED POTATOES.

Twelve potatoes, 1 egg, 4 teaspoons butter, a little milk, celery seed, salt and pepper, select medium sie potatoes. Bake in a moderate oven about 40 minutes; break skins on removing from the stove; cut into halves and remove the potatoes without breaking skin. Run through seive and season; stuff the skins, dot with bits of butter and bake.—Mrs. Barham.

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STUFFED EGG-PLANT.

Egg plant, bread crumbs, onions, tomatoes, salt and pepper and butter. Cut egg plant in two, scoop out pulp with silver spoon; boil pulp a few minutes; cut fine, add crumbs, onions which have been browned in the butter, add tomatoes, add salt and pepper to taste. Refill shell, sprinkle surface with crumbs and bits of butter. Bake thirty or forty minutes in moderately hot oven.—Mrs. Barham.

SCALLOPED POTATOES—KENTUCKY STYLE.

In a baking dish put a layer of Irish potatoes sliced very thin and a little finely chopped onion; sprinkle with salt, pepper, Roller Champion Flour and dot with butter. Repeat until you have the quantity required, then cover all with sweet milk and bake in a moderate oven about 40 minutes.

CORN OYSTERS.

One-half can corn, 3-4 cup Roller Champion Flour, 1 level teaspoon Rumford's Baking Powder, 1 egg. Mix well and drop small portions from the end of a spoon into deep hot Cottolene. Cook a light brown and serve hot.—Mrs. Abercrombie.

BAKED BEANS.

Boil beans until tender with small piece of white meat; take 1-4 cup of molasses, teaspoonful salt, mustard, fill cup with boiling water and pour over beans; put one onion in center of beans and bake slowly, add a little boiling water until thoroughly done. This is good.—Mrs. Haillee.

MACCARONI WITH CELERY.

Boil one-half pound maccaroni for 12 minutes, boil 1 cup celery cut in small pieces until tender. Spread layer of maccaroni, then layer of celery in buttered pan, add salt, cover with buttered bread crumbs and grated cheese and brown in oven.—Mrs. J. L. Lunsford.

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CREAMED CABBAGE.

Cut one cabbage for slaw and boil until done and serve with a cream dressing. Let cabbage be seasoned while cooking.—Mrs. J. W. Fain.

STUFFED TOMATOES WITH CORN.

Cut off thin slice from blossom end of tomatoes and scoop out the tomato, cook this pulp with corn and season to taste, put back in tomato hulls and bake in oven for a few minutes.—Mrs. J. W. Fain.

CANDIED SWEET POTATOES WITH NUTS.

Peel, slice and boil two large sweet potatoes until done. Then place in baking dish, layer of potatoes, layer of sugar, layer of nuts, etc. Place in oven and bake till candied.—Mrs. J. W. Fain.

VIRGINIA DRESSED CABBAGE.

Take a large head of cabbage, cut in half, scoop out the center of each half to resemble a thin-rined muskmelon, chop the part taken out fine as for slaw and mix same with two cups of bread crumbs, one chopped onion, two green peppers, black or cayenne pepper to taste, salt; two tablespoons of butter, a little chopped meat of some kind and sweet milk to form a stiff dressing. Now stuff back in the halves of the cabbage, bind together securely with a narrow strip of cloth string, put in a bag and in a pot of boiling water to which salt has been added. Boil three hours and then open on a dish and spread with butter.—Mrs. J. W. Fain.

BAKED CABBAGE.

Boil the cabbage until tender, then drain and chop fine and add 2 cups of bread crumbs, one onion, green pepper, black or cayenne pepper to taste; two tablespoons butter; chopped meat of some kind is an addition. Mix all with sweet milk to make a soft dressing; put in baking dish, cover with sweet milk and bake.—Mrs. J. W. Fain.

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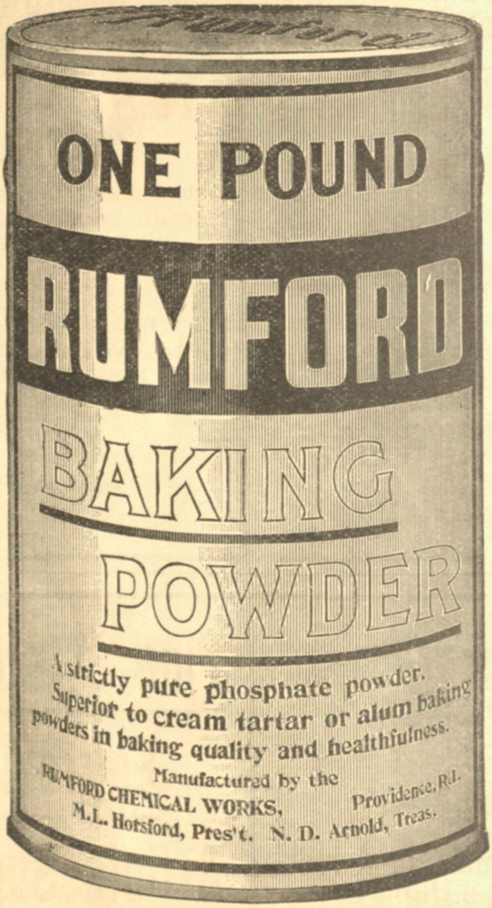
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COOKIES

MRS. WESTON'S OAT MEAL ROCKS.

One cup of sugar, 2 cups of flour, 2 cups of oat meal, 1 cup of raisins, 1-2 cup Cottolene, 1 teaspoonful of soda. Spice, cloves and cinnamon to suit the taste. Milk, 5 tablespoonsful, 2 eggs, cream, sugar and Cottolene together, add eggs, well beaten; next, milk and spices, add oat meal and raisins, then flour last soda dissolved in a little hot water. Drop with teaspoon in greased pan, three inches apart. Fine.—Mrs. Tarrant.

TEA CAKES.

Two eggs, 2 cups of Roller Champion Flour, 1 tablespoon of butter, or Cottolene, 1 cup of sugar, flavoring to taste.

COOKIES.

One cup sugar, 2 cups Roller Champion flour, ½ cup butter, 1 egg, 1 1-2 teaspoon Rumford's Baking Powder, 2 teaspoons chocolate, 1-4 cup milk, vanilla. Cream, butter and sugar; add beaten egg and other ingredients to form very soft dough. Roll very thin and bake a delicate brown. Vary by sprinkling with raisins, nuts, etc., just before baking.

TEA CAKES.

One cup of sugar, 1 quart Roller Champion Flour (make soft dough), 1-3 cup of Cottolene, two teaspoons of cream of tartar, 1 teaspoon of soda dissolved in 2 tablespoons of sweet milk. Flavor with vanilla.

CRACKERS.

13 spoonsful buttermilk, 8 spoonsful of butteer, 4 eggs; knead hard and pound the dough until like honey comb.

TEA CAKES.

Two cups sugar, ½ cup butter, 1-4 cup Cottolene, ½ cup buttermilk, 1 scant teaspoon of soda, 3 eggs, flour for stiff dough. Flavoring.

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GINGER COOKIES.

Three cups Velva syrup, 1-3 cup Cottolene, 1-2 cup butter, 4 teaspoons of soda dissolved in ten tablespoons of boiling water, 3 tablespoons of ginger. Roller Champion Flour to make a stiff dough.

GINGER SNAPS.

One egg, 2 cups of Cottolene, 1 cup of Velva molasses, 1 of brown sugar, 1 tablespoon of soda in 1 tablespoon of vinegar, ½ cup boiling water. Beat egg, sugar, molasses and Cottolene well together, then add boiling water, then vinegar with soda, flour to make stiff dough, roll and cut.—Mrs. F. H. May

MARGUERITES.

Take butter thin crackers round and place in center one marshmallow with half of English walnut in center, place in oven until a light brown.—Mrs. J. W. Fain.

MARGUERITES.

Boil cup of sugar with half cup of water until it shreds. Place syrup on back of range and drop in five marshmallows cut in small pieces. When this is dissolved gradually pour upon whites of two eggs well beaten and beat constantly. Add cup shredded cocoanut, three quarters of a cup of chopped nuts; when nearly cool flavor to taste. Spread this mixture on crackers being careful not to let run to edges. Sprinkle little of chopped nuts in center and set in oven for a few minutes.—Mrs. J. W. Fain.

TIP-TOP COOKIES.

Warm three cups of Velva syrup in an enameled saucepan until it will melt one cup of butter. Add the yolks of four eggs well beaten, then one cup of milk, and finally enough flour into which has been sifted two teaspoonsful of Rumford's baking powder, to roll into a soft dough. Add the whites of the eggs beaten stiff before putting in the last half of the flour. Roll out, cut in the desired form and bake in a moderate oven.—Mrs. Lee.

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PIES AND CUSTARDS

Cottolene is well adapted for pastry, for it makes a light and delicate crust, much more wholesome than lard or butter.

Where Cottolene is used in place of lard or butter, add 1-3 less.

As Cottolene contains no salt, always add in pastry making.

PASTRY FOR ONE PIE.

Mix one scant half level teaspoon salt with one and one-half cup Roller Champion Flour. Chop in with a knife a scant 1-2 cup of chilled Cottolene. When it is well cut together, mix in very gradually 3 tablespoons of cold water, chopping the mixture and trying to avoid wet streaks. Do not knead with the hands. If soft lay the paste in a pan on ice until chilled; sprinkle some flour on the molding board and roll thin.

JELLY OR AMBER CUSTARDS.

One cup sugar, ½ cup butter, 1 tablespoon flour, 1 glass of jelly (plum preferred), 1 teaspoon vanilla, yolks of 4 eggs, mix and bake on pastry. Meringue, 4 whites of eggs, 3 tablespoons of sugar.—Mrs. F. H. May.

PRUNE PIE.

One pound prunes, stoned and chopped fine; yolks of 4 eggs, 4 tablespoons sugar, pint of milk, teaspoon flour.—Mrs. Dickson.

APPLE CUSTARD.

Three well beaten eggs, 1 cup of apples cooked tender and mashed, 1 pt. of sweet milk, 4 large spoons of sugar. Flavor to taste.—Mrs. Kay.

Where Cottolene is used in place of lard or butter in recipes not in this book be sure and use 1-3 less than where lard or butter is called for.

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RAISIN PIE.

Two cups of raisins chopped fine; one cup sugar, two eggs, one cup of vinegar, one cup Velva Syrup, one-half cup of water, 1-2 cup buttermilk, one-half cup of Roller Champion Flour, one tablespoonful cloves, one teaspoon cinnamon, one teaspoon soda, butter the size of an egg.—Mrs. Kay.

CHOCOLATE CUSTARDS.

Six eggs beaten separately, 2 cups sugar beaten with yolks; ½ cup butter, 1 cup cream or milk, 1 cup grated chocolate; flavor with vanilla, bake in rich pastry.

BUTTER MILK CUSTARD.

Yolks 3 eggs, 2 tablespoons Roller Champion Flour, 1 1-2 cups sugar, 1-2 cup buttermilk, 1 tablespoon vanilla, 1 tablespoon butter. Sufficient for 2 pies.—A. G.

CHESS PIE.

One cup butter, 1½ cup sugar, beat until light. Add the yolks of 6 eggs, 1 tablespoon flour, ½ cup sweet milk; mix and line two pie plates with good pastry and fill. Use no flavoring; beat the whites of eggs, and add 1 tablespoon of sugar to each white and cover pies. This recipe for meringue will never fail.

MOLASSES PIE.

Filling, one whole egg, yolks of three, ½ cup sugar, 1-4 cup butter, 2 tablespoons Roller Champion Flour, 1 cup Velva molasses, 1 cup sweet milk, tiny pinch of soda, 1 teaspoon vanilla; line two pie plates with short pastry, pour in mixture and bake in moderate oven. Cover with meringue of whites of 3 eggs and 1-2 cup sugar.

LEMON CUSTARD.

Six eggs, 1½ cups sugar, tablespoon flour, butter size of egg, ½ pint warm water or 1 quart of milk. Mix altogether; add white of eggs last. Put in crust to bake.

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LEMON RAISINS PIE.

One cup chopped raisins, juice and grated rind of 1 lemon, 1 cup cold water, 1 tablespoon flour, 1 cup sugar, 2 tablespoons butter; stir lightly together and bake with under and upper crust.

MINCE MEAT.

Five lbs. of neck of beef; take equal parts each of beef, raisins, apples and suet; ½ lb. of citron, 3 lbs. of brown sugar, 1 lb. of currants, 1 heaping tablespoon each of cinnamon and cloves, 1½ cups of vinegar, 1 nutmeg grated. Seal in fruit jars. In making pies take out enough to make a pie, add 1 teaspoon of vanilla, add water and sugar if necessary. Excellent.—Mrs. G. B. T.

CYNTHIA'S MOLASSES CUSTARDS.

One cup each of Velva molasses, sugar and sweet milk, 3 eggs, 2 tablespoons of flour; flavor with vanilla or ginger. After lining pans with pastry, put bits of butter about.—Mrs. Tarrant.

CARAMEL PIE.

Take one quart of sweet milk, five eggs, five tablespoonsful of sugar, one cupful of damson preserves. Beat the yolks of five eggs and the whites of two until very light, then mix in five tablespoonsful of sugar, then add cold milk and stir well; then, last, the damson plums. Have your pie crust rolled out then put in the caramel and bake. When nearly done put over the top a meringue made of the whites of three eggs and three tablspoonsful of sugar and let it brown. This makes two pies.—Mrs. Wm. J. Sanderson.

CHOCOLATE CUSTARD.

Two eggs, 1 cup sweet milk, one tablespoonful grated chocolate and Roller Champion Flour, mix thoroughly and boil until it thickens, stirring all the time. Flavor with vanilla. Have your crust baked and pour custard in. Use the whites for meringue.—Mrs. Kay.

Velva Syrup is good for table use, cooking and candy making.

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MOLASSES CUSTARD.

Four eggs, 4 tablespoons sugar, 4 tablespoons butter, 1 cup of Velva molasses, boiled till thick. This makes two custards.

ORANGE PIE.

1-4 cup butter, 3-4 cup sugar, 3 beaten eggs (yolks), 1 egg white, juice of lemon and orange and grated rind of ½ orange. Cream, butter and sugar; add grated rind; stir in well beaten yolks. Put this into a boiler and let cook to the thickness of a custard. When a little cool stir in the juices. Fold in the stiff whites. Fill pie crusts and cook until brown. Cover with the meringue made of the three whites.—Mrs. Barham.

CREAM PIES.

Yolks of 5 eggs, 3-4 cup butter, 1 pt. sugar, 1 pt. milk or cream 1 tablespoonful of corn starch; add flavoring.—Mrs. Black.

CAKES

There are a few golden rules to be remembered in cake making. Beat the cottolene and sugar togethr before putting in the other materials; then add the yolks of eggs, the liquid (either watef or milk), then the flour, with which you have sifted the baking powder (Rumford's), and lastly the whites of eggs. Here again remember that one third less Cottolene must be used than butter or lard in the same recipe.

COFFEE CAKE.

One cup butter, one cup sugar, one cup Velva molasses, one cup cold coffee, four cups Roller Champion Flour, two eggs, one teaspoonful cinnamon, a little cloves and nutmeg, one teaspoonful soda, one cup of raisins. Bake. This cake is better after standing a few days.

**What must I have for breakfast?
Hot waffles and Velva Syrup.**

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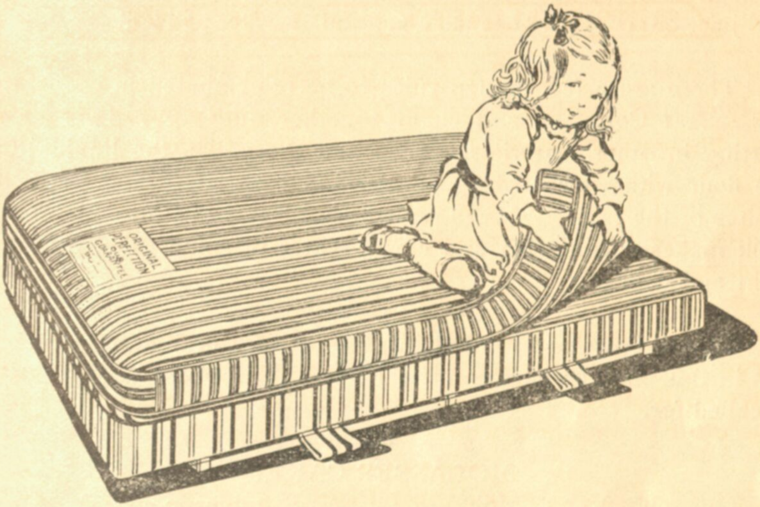

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WHITE CAKE.

Two cups of sugar, whites of eight eggs beaten stiff, one cup of butter, one cup of sweet milk, five cups of Roller Champion Flour, three teaspoonful of Rumford's baking powder, a pinch of salt. Flavor to taste. This can be baked in one large cake, or in layers. Lemon Filling.—One cup of sugar, one egg, butter size of walnut, grated rind and juice of one lemon, one tablespoonful of water and boil one minute.

There are a few golden rules to be remembered in cake making. Beat Cottolene and sugar together until very light before putting in other materials. Then add the yolks, the liquid, then the flour with which baking powder has been sifted and lastly the whites of the eggs. Always remember 1-3 less of Cottolene. Sweet milk makes a cake rich and close; water in some cake, makes it light and delicate.

Where Cottolene is used in place of lard or butter in recipes not in this book be sure and use 1-3 less than where lard or butter is called for.

MOLASSES CAKE.

One cup Velva Molasses, 2 scant tablespoons Cottolene, melted; 1 cup boiling water, 1 teaspoon soda, 3 cups Roller Champion flour, 1 tablespoon ginger. Dissolve soda in 1 tablespoon of boiling water and add it to molasses. Add melted Cottolene, boilnig water, ginger and flour. Beat until smooth and bake in a moderate oven about 30 minutes.—Mrs. R.

VELVET SPONGE CAKE.

Six eggs, 2 cups sugar, 2½ cups Roller Champion flour, 1 teaspoon Rumford's baking powder. Beat yolks well, then add sugar, then the whites; 1 teacup of boiling water put in just before mixing flour. Stir rapidly to mix well.

ICING.

Two cupsful sugar, whites of 2 eggs. Dissolve sugar in five tablespoons, cold water, boil until it ropes. Pour this slowly over the eggs well beaten and continue beating until it begins to thicken.

CREAM FILLING.

One egg, 1 cup sugar, 1 cup milk, 1 round tablespoon Roller Champion Flour; butter size of egg; flavor when cold.

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LEMON FILLING.

One cup sugar, 2 1-2 tablespoons Roller Champion Flour, grated rind of 2 lemons, 1-4 cup juice, 1 egg, 1 teaspoon butter. Mix flour and sugar; add grated rind, lemon juice, and egg slightly beaten. Put butter in saucepan; when melted add mixture, and stir constantly until boiling point is reached. Care must be taken that mixture does not adhere to bottom of saucepan. Cool before spreading.

LEMON CHEESE FOR FILLING CAKE.

One tablespoon butter, 2 lemons, grated rind, 2 cups sugar, 2 eggs beaten separately, mix sugar and yolks together; put in the whites, then the lemons and pour in a cup of boiling water. Cook 15 minutes.—Mrs. F. H. May.

FRUIT CAKE.

One lb. sugar, 1 lb. butter, 1 lb. Roller Champion flour, 1 lb. eggs, 1 teaspoonful Rumford's baking powder, 2 lbs. raisins, 1 lb. figs or dates, 1 lb. citron, 1 lb. currants, 1 lb. nut meats, 1-4 lb. lemon peel, 1-4 orange peel, 1 cup of brandy or wine, 1 tablespoon each of spice, cloves, cinnamon and nutmeg.

HALF POUND CAKE.

Six eggs, 2 cups Roller Champion Flour, 1 1-4 cup sugar, 1 cup butter, 1 tablespoon water, 1 teaspoon Rumford's baking powder; flavoring. Can be used for layer cake; put together with icing.

NORWOOD CAKE.

Two cups sugar, 2-3 cups butter, 2 cups Roller Champion Flour, 1-2 cup sweet milk, 1 cup hot mashed Irish potatoes, 4 eggs, 2 teaspoon Rumford's baking powder, 2-3 cup grated chocolate, 1 cup chopped nuts, 1 teaspoon each cloves, nutmeg and cinnamon. Add yolks of eggs, milk, potatoes, chocolate, Roller Champion Flour, Rumford's baking powder and spices, beat and add whites and lastly nuts. Bake near 3 hours.—Mrs. Abercrombie.

STRAWBERRY SHORTCAKE.

One pound of Roller Champion Flour, 1-2 teaspoonful of salt, 2 teaspoonsful of baking powder. Sift all together and mix with enough milk to make a stiff batter. Pour into a buttered pan and bake from twenty minutes to half an hour. Split open with a fork and cover lower half with strawberries mashed and sweetened; replace upper half, top-crust down, and cover the same. Serve with or without cream.

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NUT CAKE.

Two cups sugar, 1 cup butter, 1 cup milk, 4 eggs, 2 teaspoons Rumford's baking powder, 1 pint nut meats, flour to thicken . Add whites of eggs last; bake 3-4 of an hour.

BRIDE'S CAKE.

Half cup butter, ½ cup sugar, 1 cup milk, 2½ cups flour, whites of six eggs, 3 level teaspoons Rumford's Baking Powder, 1-4 teaspoon crea mof tartar, ½ teaspoon almond extract; bake 45 to 50 minutes in deep narrow pan. Cover with white frosting.—Mrs. W. G.

DEVIL FOOD CAKE.

One cup butter, 2 cups sugar, 5 eggs beaten separately, ½ cake melted chocolate, 1 level teaspoon of soda; dissolve in 1-2 cup boiling water, one heaping teaspoonful Rumford's baking powder, 1 cup butter milk, 2½ cup Roller Champion flour.

FILLING.

One cup grated chocolate, 1 cup brown sugar, ½ cup sweet milk, yolk one egg. Stir all together in a sauce pan, cook slowly, set aside to cool.

DATE CAKES.

Cream the yellows of 3 eggs, with a scant cup of sugar, 1 cup of nuts (pecans), 1 cup of dates chopped, 1 cup of Roller Champion Flour, 2 teaspoons of Rumford's Baking Powder, then add the beaten whites of three eggs; drop on tins 3 inches apart.—G. B. T.

SPICE CAKE.

Four eggs, beaten separately; 1 cup sugar Velva molasses, ½ cup butter, 1 teaspoon soda, dissolved in one cup buttermilk, 2 teaspoons cinnamon, 1 teaspoon cloves, 2 teaspoons spice, 1 grated nutmeg, 3 cups of Roller Champion Flour.—Mrs. Brittain.

Hot waffles and Velva Syrup.
What must I have for breakfast?

CHOCOLATE MARSHMALLOW CAKE.

Sift one and one-half cupful of flour with one heaping teaspoonful of Rumford's baking powder. Cream four ounces of butter with one-half pound of sugar ;add yolks of three eggs and a teaspoonful of vanilla. Beat the whites of two eggs to a stiff froth and add them to the flour. Add one gill of milk to the creamed butter; when all is mixed, butter two cake tins and line with paper. Pour in mixture and bake in slow oven. Filling: Boil one-fourth pound of chocolate with one-half cup of water and one cupful of sugar until it forms a thread. Add four ounces of marshmallows and stir until dissolved. Put half of this between two layers and the remainder on up. Let stand until firm.—Mrs. Gus Lee.

CHOCOLATE CAKE.

One cup of butter and two cups of sugar, stirred to a cream, with the yolks of five eggs added after they have been well beaten. Then stir into that one cup of milk, beat the whites of two of the eggs to a stiff froth, and add that also; now put in three cups and a half of sifted flour; two heaping teaspoonsful of Rumford's baking powder, having been stirred into it. Bake in jelly cake tins.

Mixture in Filling.—Take the remaining three whites of the eggs beaten very stiff, two cupsful of sugar boiled to almost candy or until it becomes stringy; take it from fire and pour very slowly on the beaten whites of egg; beating quite fast; add ½ of cake of grated chocolatee, a teaspoonful of vanilla extract. Stir it all until cool; then spread between each cake and over top and sides. This when well made is the premium cake of its kind.

If you are doubtful of success with your cake use Cottolene.

LADY BALTIMORE CAKE.

One cup butter, 2 cups sugar, 3½ cup flour, 1 cup sweet milk, whites of six eggs, 2 teaspoons Rumford's baking powder, 1 teaspoon flavoring.

FILLING.

Dissolve 3 cups granulated sugar in 1 cup boiling water, cook until spins thread from spoon, pour over the whites of 3 eggs well beaten, stirring constantly, to this add 1 cup chopped raisins, 1 cup chopped nuts, five figs cut thin.

If you are doubtful of success with your cake use Cottolene.

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PRINCE OF WALES CAKE.

Dark part—1 cup brown sugar, ½ cup butter, ½ cup sour milk, 2 cups Roller Champion Flour, 1 cup raisins, 1 teaspoon soda, dissolved in warm water, 1 tablespoon of Velva molasses, yolks of 3 eggs, 1 teaspoon cinnamon, cloves and nutmeg.

White Part.—1 cup flour, ½ cup corn starch, ½ cup sweet milk, ½ cup butter, 1 cup granulated sugar, 2 teaspoons baking powder, whites 3 eggs.

If you are doubtful of success with your cake use Cottolene.

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ORANGE CAKE.

1½ cup fine granulated sugar, ½ cup butter, ½ cup milk, 2 1-4 cups Roller Champion flour, 1 heaping teaspoon Rumford's Baking Powder, 1 tablespoon orange juice, whites of four eggs.

FILLING.

1 cup granulated sugar, boiled with ½ cup water, till it drops slowly from spoon; add 12 marshmallows, beat till dissolved then add 1 tabespoonful orange juice and grated rind of one, if not thick enough, when cool set in pan boiling water and add 3 more marshmallows.

If you are doubtful of success with your cake use Cottolene.

SPONGE ROLL.

Six eggs beaten separately, 2 cups sugar, 2 cups Roller Champion Flour, 1-2 teaspoon of Rumford's Baking Powder, with pinch of salt in little cold water.

FILLING FOR ROLL.

10 tablespoons of chocolate 2 cups sugar, 2 eggs, enough milk to mix well stir all time.—Mrs. Black.

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CARAMEL FILLING.

Four cups brown sugar, 1 cup of cream or milk, ½ cup butter, 2 lbs. of pecans.

CHESS CAKE.

Yolks of 6 eggs, 2 cups sugar, 1 teacup butter, 6 tablespoons of Roller Champion Flour, 1 cup rich sweet milk. Flavor to taste. —Mrs. F. H. May.

If you are doubtful of success with your cake use Cottolene.

LEMON FILLING FOR CAKE.

1 1-4 cups sugar, 2 tablespoons butter, 3 eggs well beaten; juice and grated rind of 2 lemons; cook in double boiler until thick as honey; spread between cake.—Mrs. F. H. May.

YELLOW ICING.

Six yellows of eggs, 3 cups sugar, 1 cup of water. Beat yellows light and thick. Boil sugar and water until it spins a thread, then add yellows gradually, heat till cold, flavor.

If you are doubtful of success with your cake use Cottolene.

BOSTON CREAM CAKE.

Put into a large sized saucepan half cup of butter and 1 cup of hot water; set it on the fire; when the mixture begins to boil, turn in a pint of sifted Roller Champion Flour at once; beat and work it well with a vegetable masher until it is very smooth. Remove from the fire and when cool enough add five eggs that have been well beaten; first the yolks and then the whites; also half a teaspoonful of soda and a teaspoonful of salt. Drop on buttered tins in large spoonsful about two inches apart. Bake in a quick oven about 15 minutes. When done and quite cold, open them on the side with a knife and put in as much of the cream as possible.

Velva Syrup is good for table use, cooking and candy making.

CREAM PIE FILLING FOR BOSTON CREAM CAKE.

Two eggs, 3 tablespoons sifted flour or ½ cup corn starch, 1 cup sugar. Put 2-3 pint milk in a double boiler over the fire; in ½ pint milk; stir sugar, flour and beaten eggs. As soon as the milk looks as if it were about to boil, pour in the mixture, and stir briskly for 3 minutes; until it thickens; then remove from fire and add 1 teaspoonful of butter; when cool flavor with vanilla and fill cakes.

JAM CAKE.

Four eggs, 1 1-4 coffee cups of sugar, 3-4 cups of butter, 2 cups of Roller Champion Flour, 1 1-4 cups of jam, 1 teaspoonful each of cinnamon, allspice and nutmeg; 4 tablespoonsful buttermilk, 1 light teaspoonful of soda. Mix all together and stir as little as possible. Bake in layers putting icing between.—W.

If you are doubtful of success with your cake use Cottolene.

LIGHTNING CAKE.

One cup Roller Champion Flour (generous), 1 cup sugar, 1 teaspoon Rumford's Baking Powder (heaping). Sift these ingredients together; melt 1-2 cup butter; into this break 2 eggs. Fill the cup with milk, and mix all together. Beat well.

JAM LAYER CAKE.

Three eggs, 1 cup of sugar, 3-4 cup of butter, 1 cup blackberry jam, 2 cups of Roller Champion flour, 2 teaspoons of soda in 3 tablespoons of sour milk, 1 teaspoon each of nutmeg, cinnamon and cloves. Make aplain icing and put between layers.—Mrs. G. B. Tarrant.

SPONGE CAKE.

Six eggs, 2 cups sugar, 1 cup boiling milk; 3 cups Roller Champion Flour, 2 teaspoonsful Rumford's baking powder. Beat eggs till very light. Add sugar and beat until foamy. Stir milk in eggs slowly. Sift baking powder with flour; add flour and flavor to taste.

WHITE CAKE.

Whites of 5 eggs, 2 cups of sugar, 1 cup milk, 3 cups of Roller Champion Flour, 1-2 cup butter, 2 small teaspoonsful Rumford's Baking Powder.

If you are doubtful of success with your cake use Cottolene.

THE Parisian "ONE MARKED" PRICE
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FRUIT CAKE.

One lb. of sugar, 1 lb. of butter, 1 1-4 flour, 10 eggs, 2 lbs. currants, 2 lbs. raisins, ½ citron, ½ lb. almonds, 1 tablespoon cloves, 1 tablespoon cinnamon, 1 cup Velva molasses, 1 wine glass wine or brandy. Scant half teaspoon Rumford's baking powder. Flour fruit well. Excellent.—Mrs. P. Z. Harlee.

ONE-TWO-THREE-FOUR CAKE.

One cup of butter, 2 cups of sugar, 3 cup of Roller Champion Flour(4 eggs, 1 cup of milk; 2 teaspoons Rumford's baking powder. Cream, butter and sugar; add eggs, then other ingredients. Flavor to suit taste.—Mrs. Kay.

LARGE WHITE CAKE.

Use a large coffee cup to measure with, not a teacup; One and one-half cups butter; three cups sifted sugar; five cups of Roller Champion Flour, onecup milk, twelve eggs whites, two teaspoons Rumford's Baking Powder.—Mrs. Kay.

Cottolene is much more wholesome than lard or butter.

SILVER OR DELICATE CAKE.

Whites of seven eggs well beaten, one cup sweet milk, two cups sugar, 4 cups sifted Roller Champion Flour, 2-3 cupsful butter, 2 teaspoons Rumford's baking powder, cream, butter and sugar, then add other ingredients. Bake either in loaf or layers; if baked in layers, divide batter and color part of it; put together with icing. This is a splendid cake.—Mrs. Kay.

HICKORY NUT CAKE.

Two cups sugar, 1 cup sweet milk, three-fourths cup butter, 3 cups Roller Champion Flour, 3 teaspoons Rumford's Baking Powder, whites of 2 eggs, 1 cup nuts.—Mrs. H. W. M.

What must I have for breakfast?
Hot waffles and Velva Syrup.

SPONGE CAKE.

Three eggs, $1\frac{1}{2}$ cups sugar, 2 cups Roller Champion flour, 1 teaspoon Rumford's Baking Powder, $\frac{1}{2}$ cup cold water, pinch of salt.—Mrs. Black.

FRUIT CAKE.

Cream together 1 lb. sugar, 1 lb. butter, then 1 doz. eggs beaten separately, add 1-2 cup Velva molasses, 1 tablespoon each of cloves, allspice, nutmeg and cinnamon, 2 pounds currants, 2 pounds raisins, 1 pound citron, 1 pound nuts; lastly 1 1-2 pounds of Roller Champion Flour with heaping teaspoon of Rumford's Baking Powder, 1-2 pound figs and 5 cents each of candied orange and lemon peel adds very much to cake.—Mrs. J. W. Black.

If you are doubtful of success with your cake use Cottolene.

VELVET SPONGE CAKE.

Six eggs, whites of three, for icing; 2 cups of sugar, beat into yolks; after they are well beaten, 1 cup of boiling water added to eggs and sugar; 3 cups of Roller Champion Flour after it is sifted; 2 teaspoonsful of Rumford's Baking Powder, added to flour; add whites (well beaten), and flour alternately. Bake in layers.—W.

Hello! Well! What is it? Send me some Velva Syrup.

DEVILS CAKE.

Two cups brown sugar, 1 1-2 cups milk, 2 cups Roller Champion Flour, 6 tablespoons grated chocolate, 2 teaspoons soda, 1 1-2 teaspoons vanilla, 4 eggs, 2 tablespoons butter. Mix yolk of eggs, chocolate and half of milk; let it cook thick and then set aside to cool. Mix butter and sugar together and add rest. Fine.—A. G.

DEVIL FOOD.

Two cups white sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup buttermilk, 1 teaspoon of soda, 1-3 cake of baker's chocolate, 2 1-3 cup of Roller Champion Flour, 3 eggs, white and yolks beaten separately; flavor with vanilla.—Mrs. F. H. May.

CREAM SPONGE CAKE.

Two eggs in cup, then fill up with rich sweet cream, 1 cup sugar, 1 1-2 cups Roller Champion Flour, beat until creamed. Add 2 teaspoonsful Rumford's Baking Powder and bake at once in loaf. —Mrs. Alex Gibson.

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ONE-TWO-THREE-FOUR CAKE.

One cup milk, 1 cup butter, 2 cups sugar, 3 cups Roller Champion flour, 4 eggs, flavoring to taste. Cream, butter and sugar; add milk; beat eggs light; add to mixture. Sift 3 tablespoonsful Rumford's Baking Powder in 3 cups of flour and add a little at a time. Then flavor. Bake 20 minutes in 3 layers; put together with whites of 2 eggs beaten stiffly with 1 cup of powdered sugar and shredded cocoanut.—Mrs. Alex Gibson.

ANGEL CAKE.

Nine whites of eggs, dash of salt, 1 cup sugar, 1 teaspoon almond extract, ½ teaspoon vanilla extract, 1 cup Roller Champion flour, 1 teaspoon crea mof tartar. Whip the whites to dry froth, blend sugar with them carefully to avoid breaking bubbles. Sift flour and cream of tartar 3 times; add to egg mixture; keeping frothy; add flavoring. Pour into an unbuttered tin with center tube. Bake 40 minutes in a moderate oven. Do not move cake until ready to take from the oven. Cool before frosting.—Mrs. A. Gibson.

CHOCOLATE CREAM CAKE.

Four eggs, 1 cup each of flour and sugar, 1 teaspoon of Rumford's baking powder. This makes two cakes, bake in jelly pans; when cold slit through half in two and fill with filling made of 4 yolks of eggs, 1 pt. of sweet milk, 1 tablespoon of corn starch, 1 cup of sugar, boil until it is thick, when cold flavor with vanilla and put between the cake, whites of 4 eggs beat to a stiff froth; sweeten then mix in slowly 4 strips of grated chocolate, then spread over top and sides of cake, then put in top of oven to dry.—Mrs. T.

Where Cottolene is used in place of lard or butter in recipes not in this book be sure and use 1-3 less than where lard or butter is called for.

WHITE FRUIT CAKE.

Whites of 1 dozen eggs, one pound of sugar, 1 1-4 lb. of Roller Champion flour, 2 teaspoons of Rumford's baking powder, sifted in flour, 3-4 lb. of butter, ½ pound of citron, 1 lb. of shelled almonds, 1 lb. White Sultana raisins, 1-2 lb. of crystallized pineapple, 1-2 lb. of crystallized cherries, 1-2 lb. of shredded cocoanut, wine glass of white wine, 1 cup of sweet milk. Delightful.—Mrs. Tarrant.

WHITE CAKE.

1 cup butter, 2 cups sugar, 3 cups Roller Champion flour, 1 cup milk, 1 1-4 cups water, 2 teaspoons vanilla, 2 teaspoons lemon, 3 teaspoons Rumford's Baking Powder, whites of 8 eggs. Cream, butter and sugar; add flour and milk alternately; add flavoring and beat until smooth; add baking powder with a little flour. Fold in stiffly beaten whites. Bake in layers.—Mrs. Barham.

GOOD, CHEAP FRUIT CAKE.

One cup sugar, 1-2 cup Velva molasses, 1 scant cup of butter, 1 cup of sour milk, ½ teaspoon of soda, 2 eggs and 1 cup of raisins, 1 cup of currants, some finely sliced citron, 1 teaspoonful each of cloves, allspice, ginger and cinnamon; add Roller Champion Flour enoug hto make rather a stiff batter.—Mrs. J. R. Copeland.

WHITE FRUIT CAKE.

One cup of butter, 2 cups sugar, 2½ cups Roller Champion flour, whites of 7 eggs, 2 teaspoons Rumford's baking powder, teaspoon mixed spice, 1 lb. of figs, 1 lb. of dates, 1 lb. of almonds, 1 lb. of raisins, 3-4 lbs. of citron. Rub the butter and sugar to a cream; chop the fruit all separately, then mix lightly with the fingers, sift some of the flour over the fruit, add two teaspoons baking powder to remaining flour; add to butter and sugar then stir in the fruit and lastly add white of eggs well beaten. Bake for 1½ hours.—Mrs. J. R. Copeland.

BLACKBERRY JAM CAKE.

Three eggs and 1 cup of sugar, 1-3 cup of butter, 1½ cups flour, 1 cup blackberry jam, 3 tablespoonsful of sour cream, 1 level teaspoon of soda, 1 teaspoon allspice, one of cinnamon, and nutmeg Mix well and bake in layers and put together with white boiled icing—Mrs. J R. Copeland

DEVIL'S FOOD CAKE.

Two squares of Bakers Chocolate (bitter), one heaping cup of sugar, scant half cup of butter, one cup of sweet milk with a level teaspoon of soda dissolved in it; one and two thirds cup of flour, three eggs; melt chocolate, add sugar and butter, beaten to a cream Separate the whites and yolks of three eggs, keeping the whites for frosting ,and adding the yolks to above mixture. Then add half the milk. Then flour and remainder of milk; thus insuring a smooth batter; flavor with vanilla. Bake in layers.

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FROSTING FOR DEVIL'S FOOD CAKE.

Boil one and one-half cups of sugar with a little water until it threads. Then add gradually to the beaten whites of eggs.—Mrs. Wm. J. Sanderson.

MOLASSES CAKE.

Four cups Roller Champion flour, 4 eggs, 1 cup sugar, 1 cup Velva molasses, 2-3 cup of Cottolene, 1 cup sour milk, 1 teaspoon of soda, 1 half spoonful each of cloves, nutmeg, cinnamon and spice. One hour to bake.—Mrs. Hailee.

WHITE FRUIT CAKE.

One pound sugar, 1 pound Roller Champion flour, whites 12 eggs, 2 teaspoons Rumford's baking powder, sifted thoroughly with the flour, 1 pound each o fseeded raisins, figs, blanched almonds, 1 quarter pound citron, all chopped fine. 1 cup grated cocoanut. Mix all thoroughly before adding the fruit; sift a little flour over the fruit before adding it to batter. Bake slowly 2 hours. —Mrs. S. T. Slaton.

WHITE CAKE.

Cream together 1 scant cup of butter and 3 cups of sugar, add 1 cup of water, then the beaten whites of 12 eggs; sift 3 teaspoonsful of Rumford's baking powder into 1 cup of corn starch mixed with 3 cups of sifted flour; sift all together 5 times and beat in gradually with the rest; flavor to taste; bake in 2 square tins and put together with icing or bake in loaf. Never fails if directions are closely followed and best baking powder and flour used.—Mrs. S. T. Slaton.

WHITE CAKE.

2 cups sugar, 1 cup butter, 1 cup water, 1 round spoon Rumford's baking powder, whites of 8 eggs, almond flavoring. Stir sugar into butter and beat to a cream. Sift flour several times and add alternately with water until last cupful; sift baking powder into this and add to mixture. Lastly add well beaten whites of eggs and flavoring. Bake slowly one hour.—Mrs. L. A. Baker.

GOOD PLAIN CAKE.

Yolks 3 eggs, whites 4 eggs, 2 cups sugar, 3-4 cup sweet milk, 3-4 cup butter, 2 teaspoons Rumford's Baking Powder, 1 teaspoon extract of lemon; Roller Champion flour to make stiff batter. Cream, butter and sugar together; add well beaten yolks of eggs and milk; sift baking powder and flour together 5 times and add alternately with whites of eggs well beaten. Bake in a loaf and ice.—Mrs. S. T. Slaton.

PUDDINGS

Use Cottolene in puddings as you would butter, except to use 1-3 less of Cottolene unless quantity required is very small. Same amount of Cottolene would make the article too rich.

PLUM PUDDING.

One pound raisins, 1 pound beef suet, chopped fine, 1-2 pound of sugar, 1-2 pound of mixed peel chopped fine, 1-2 pound bread crumbs and spices to suit. Prepare all ingredients and mix with 6 eggs, well beaten, and 1 gill of milk. Butter mould; place in mixture, cover tightly and boil for 5 hours.

COCOANUT PUDDING.

½ of grated cocoanut, 1 quart of milk, 3 eggs, 1 cup sugar, any flavoring preferred. Beat yolk and white of eggs separately. Bake for about 3-4 hour, or until custard is well set. Then move from oven and cover with meringue; return to oven and brown.

ENGLISH PLUM PUDDING.

Soak 1 lb. stale bread in 1 pt. hot milk; let cool, then add 1½ lb. of sugar, yolks of 8 eggs beaten to cream, 1 lb. raisins, stoned and floured; 1 lb. currants, washed and floured; 1-4 lb. citron cut in slips and floured; 1 lb. beef suet, chopped fine and salted; 1 glass of wine, 1 glass of brandy, 1 nutmeg and 1 lb. mace, cinnamon and cloves mixed. Beat whole together and add last the whites of 8 eggs beaten stiff. Put in 1 lb. baking powder cans and cook in boiling water for 6 hours. Grease tins well and do not fill quite full. Heavy weights on cans will prevent their floating.—Mrs. A. Gibson.

Where Cottolene is used in place of lard or butter in recipes not in this book be sure and use 1-3 less than where lard or butter is called for.

RICE PUDDING.

One qt. milk, 1 tablespoonful butter, 3 tablespoonsful rice, one-half cupful raisins, sweeten to taste and add a delicate flavoring of cinnamon or nutmeg. Seed the raisins; mix all ingredients and bake for 1½ hours, stirring frequently. Do not let pudding brown until it has thickened sufficiently.—Mrs. H. W. M.

Use Cottolene in puddings the same as you would butter, except use one-third less Cottolene.

HOT PEACH PUDDING.

Two tablespoons of melted butter, 1 cup sugar, 3-4 cup Roller Champion flour, 2 full cups of peaches cut fine, 1 egg, 1-3 nutmeg, 1 teaspoon of soda, 1teaspoon sour milk, 3 tablespoons of water. Serve with foam sauce made as follows: 2 tablespoons of melted butter, 1 egg (white), ½ cup sugar, flavor to taste.

SUET PUDDING.

One cup suet chopped fine, 1½ cup brown sugar, 1 cup sour milk, 1 cup each of currants, raisins, 2½ cups Roller Champion flour, 1 teaspoon soda, 1 teaspoon each of cloves, allspice and cinnamon, ½ teaspoon nutmeg, ½ teaspoon salt, mix all together thoroughly and steam 3 hours. Serve with hard sauce.

BROWN BETTY.

Butter a deep pudding dish and put a layer of finely chopped apples in the bottom, then a layer of fine bread crumbs and sprinkle with sugar and spice; add little butter then another layer of apples and so on but last layer should be of crumbs. Bake brown and serve hot with sweetened cream of hard sauce.—Mrs. J. R. Copeland.

PLUM PUDDING.

The inside of a loaf of stale bread. Pour a quart of scalding milk and let get cold then add 8 or 10 eggs. Chop coarse; 1 lb. beef suet, 1 lb. currants, ½ lb. citron or orange and lemon candied peeling, 1 lb. raisins, ½ cup sugar, 3 tablespoons of flour, a pinch of salt. Flour the fruit and the pudding cloth well. Leave room in bag for swelling and boil 3 or 4 hours. Make sauce of 1 lb. pulverized sugar, ½ lb. butter. Brandy and nutmeg to taste.—Mrs. J. R. Copeland.

If you are doubtful of success with your cake use Cottolene.

PUDDING SAUCE.

Use 1 small cup of sugar, 1 egg, 1 tablespoonful of Roller Champion Flour, 2 tablespoonsful of cold water. Beat above well, together and pour into ½ pint of milk or water, already boiling and let boil together one minute, then add piece of butter size of walnut and continue to boil until butter is thoroughly mixed through. Flavor with wine or brandy to suit.

APPLE FLOAT.

Grate two nice apples, beat the whites of four eggs with ½ teaspoon cream tartar, 1 teaspoon of vanilla, ½ cup pulverized sugar; mix adn serve with whipped cream.

STUFFED APPLES.

Pare and core nice large apples, stuff with raisins and nuts. Add sugar to taste and 1 cup of water. Steam on top until tender. Set in oven to bake. Serve with whipped cream.—Mrs. J. L. Lunsford.

Cottolene is much more wholesome than lard or butter.

MARSHMALLOW CREAM.

One-half teeaspoon granulated gelatine, ½ cup cold watere, 1 cup sugar, ½ cup hot water, 1 teaspoon any flavor, whites of 4 eggs, ½ lb. marshmallows. Soften gelatine in half cup cold water. Dissolve sugar in hot water and boil a few minutes, then cut marshmallows and put into the syrup. Remove from stove when marshmallows begin to melt. Add gelatine. When nearly cold add stiffly beaten whites and flavor. Divide the mixture and use two kinds of coloring. Put together with chopped nuts. Serve with custard sauce.—Mrs Barham.

CUSTARD SAUCE.

2½ cups milk, 3 eggs, 6 teaspoons sugar, 1 teaspoon vanilla. Scald milk in upper part of double boiler. Add sugar. Pour this over gradually the well beaten eggs, then pour all back into the boiler. Cook a few minutes. When nearly cold add flavoring.—Mrs. Barham.

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SYRUP CUSTARD.

Two cups syrup boiled until it thickens; let cool; add 4 eggs, well beaten, 1 cup sugar, tablespoon Roller Champion flour, 1 cup sweet milk, 1 tablespoon butter; flavor with ginger.—Mrs L. P. Dickson.

PRUNE PUDDING.

Whites of 2 eggs well beaten, ½ lb. of cooked and seeded prunes. Sugar to taste, beat together, set in oven a few minutes, serve with whipped cream.—Mrs. L. P. Dickson.

PINEAPPLE FLUFF.

One cup canned or fresh pineapple, ½ cup chopped walnuts, 1-4 to 1-2 lb. marshmallows, ½ pt. whipped cream.

To the pineapple and nuts add chopped marshmallows. Fold in half of whipped cream. Put in a serving dish and heap the remaining cream over it. Garnish with cherries, nut meats, violets, etc. Serve very cold.—Mrs. Barham.

BANANA PUDDING.

Slice three large or four small ripe bananas very thin and place i na baking dish. Make a thick rich boiled custard of the yolks of four eggs, four tablespoons sugar and one tablespoonful corn starch, and one pint of sweet milk. Boil this in a double boiler until thick, then pour while hot over the sliced bananas. Whip to a stiff froth the whites of the eggs, sweeten to taste, spread in the pudding and brown quickly. Serve cold. This is a nice winter dessert.—Mrs. Kay.

CHARLOTTE RUSSE.

One box gelatine and pour over it 1 teacup boiling water and never stop stirring until all is dissolved, keeping it milk warm, have ready whites of 6 eggs beaten stiff ,and sweeten to taste; also 1 pt. of rich all cream, whipped and flavored; put eggs into it and stir well; then add gelatine slowly.—Mrs. Black.

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CHARLOTTE RUSSE.

One pint cream, 1 cup milk, 1 cup sugar, whites of 4 eggs, ½ teaspoon vanilla, 3 drops almond, 1 tablespoon gelatine. Dissolve gelatine in small quantity water, add milk and heat slightly. Beat whites of eggs until stiff and add cup of sugar. Continue to beat until sugar is thoroughly dissolved. Whip cream. Strain gelatine and milk mixture and ingredients; whip altogether, adding flavoring last.—Mrs. N. O. Tyler.

MARSHMALLOW PUDDING.

Two tablespoons of gelatine to soak in ½ teacup of cold water. Beat the whites of 6 eggs, and add 1 cup sugar. Pour ½ cup boiling water in gelatine and when dissolved, add to beaten whitees. Color and flavor to suit and set aside to congeal.—Mrs. E. A. Holmes.

Cold Desserts and Ices

MARSHMALLOW PUDDING.

Whites 4 eggs beaten stiff, add 2-3 cup sugar. Soak 1 round tablespoon of gelatine in 1-4 cup cold water, while beating eggs. Then add 1-4 cup boiling water. Add this gradually to beaten eggs. Pour half of this into a mould and sprinkle top with fruit (pineapple is good), and nuts. Pour in other half of mixture and sprinkle top with fruit and nuts. When congealed remove from mold, cut in slices and serve with whipped cream.—Mrs. H. N. McTyeire.

BANANA SHERBERT.

Boil 1 pt. each of sugar and water 10 minutes. Stir hot into the beaten whites of 2 eggs. Add ½ cup lemon juice, and the mashed pulp of 6 bananas. Strain and when cool freeze as for sherbert.

PEACH PARFAIT.

One quart well mashed peaches; juice of 2 lemons. Pour 1 qt. boiling water over 2 cups sugar. Boil 5 minutes. Pour over peach pulp. Let cool, freeze to soft mush, add whites of 2 eggs, beaten to stiff froth with 1 tablespoon of sugar and 1 tablespoon of vanilla. Mix well and freeze hard.

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STRAWBERRY SHERBERT.

Cut into slices three boxes of berries, strain through collander thus getting a good deal of pulp. To this add 2 good sized cups of watere. 1 pt. sugar and freeze until like mush. Then add white of an egg, well beaten and stiff, freeze longer.

SICILIAN SAUBOT.

One can peaches, 1 cup of sugar, 2 cups of orange juice, 2 tablespoons lemon juice; freeze. Makes 3 pints. Very nice.—Mrs. F. H. May.

PINEAPPLE SHERBERT.

Three pints of milk, 2 eggs, 1 pt. cream, 1 tablespoon gelatine, 1 can grated pineapple, 1 lemon. Make a custard of milk and eggs and add other to it after it cools. Fine.—Mrs. P. Z. Harllee.

CRANBERRY PUNCH.

(This is fine to serve with roast or used as a dessert.)

Take one quart of cranberries, make a rich cranberry jelly. Strain all seeds. To one quart of jelly, add the juice of two lemons and 2 tablespoonsful of gelatine, which has been soaked in cold water, then melted in two tablespoonsful of hot water and strained. Add enough cold water to make two quarts. Sweeten. Freeze.—Mrs. Wm. J. Sanderson.

SHERBERT.

One quart wateer, 4 lemons, 1 can of grated pineapple, whites of 4 eggs and 8 tablespoons of sugar. Makes 3 quarts when frozen. —Mrs. Black.

PINEAPPLE SHERBERT.

Two large pineapples or 1 quart can, 1 1-4 lbs. sugar, juice of 2 lemons, 1 quart wateer; boil sugar and water 5 minutees; take from fire, add pineapple grated and lemon juice, strain through a cloth, and freeze. Just before it is frozen hard add meringue made of white of 1 egg and 1 tablespoon of sugar.—Mrs. J. H. McCoy.

CANDY

PEANUT BRITTLE.

Dry melt cup sugar; cup of shelled peanuts. Put peanuts on a buttered tin and cover with melted sugar. Cut in squares before cold.

SEA FOAM FUDGE (Chocolatee.)

One cup light brown sugar, ½ cup water, 1-3 cup grated chocolate. Boil without stirring until it spins a thread from point of spoon. Have beaten stiff the white of an egg; pour boiling mixture upon it, and stir till it begins to thicken. Pour into a greased pan and cut into squares.

MRS. G. MINTS.

Two cups granulated sugar, 1 rounding tablespoon butter, 1 cup of boiling water. Stir until sugar is dissolved. Then put on fire and cook, until it hardens in water. Then pour on marble slab and pour on this 15 drops of extract mint. Color green with leaf, green, red or rose. Pull and cut in blocks while warm. Fine .

What must I have for breakfast?
Hot waffles and Velva Syrup.

DIVINITY CREAM CANDY.

Three cups sugar, 1-2 cup Velva syrup, 1 cup water. Boil until brittle; stir in stiffly beaten whites of 2 eggs. While cooling add 1 cup milk.

COCOANUT CREAM CANDY.

1½ cups sugar, ½ cup milk, 2 teaspoons butter, 1-3 cup shredded cocoanut, ½ teaspoon vanilla. Put butter into saucepan; when melted add sugar and milk, and stir until sugar is dissolved. Heat to boiling point, and boil twelve minutes; remove from fire; add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. One-half cup nut meat, broken in pieces may be used in place of cocoanut.

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GEORGE B.'S MOLASSES CANDY.

One cup of Velva molasses, 1 cup of sugar, tablespoon of vinegar. Butter size of an egg; mix well and boil until it forms in a hard ball when dropped into cold water, after removing from fire, add ½ teaspoon of soda, stirring well, then pour out into buttered platter and pull when cool.—George B. Tarrant, Jr.

Pickles and Preserves

MIXED PICKLES.

One gal. cabbage, 2 qts. green tomatoes, 1 qt. onions, 2-3 pt. green pepper, 2 qts. vinegar, 2 lbs. sugar, 1½ oz. turmerie, 1½ oz. celery seed, 4 tablespoons ground mustard, 2 tablespoons ground engigr, 1 tablespoon ground cinnamon, 1 tablespoon ground cloves, 2 tablespoons salt. Soak vegetables (excepting onions), in weak salt water all night, then wash in two waters and drain, then mix all vegetables with spices and vinegar. Cook twenty minutes and put in jars.—Mrs. Black.

SWEET GREEN TOMATO PICKLES WITH RAISINS.

Slice tomatoes and sprinkle with salt; let stand 24 hours, drain and scald in alum water until green; drain and put in cold water until syrup is ready.

To five pounds of tomatoes allow four pounds of sugar, and vinegar enough to cover. Boil vinegar and sugar and skim, then add tomatoes with a little mace and cinnamon bark; boil until done and looks clear like citron, before taking off add two pounds of seeded raisins and let remain on fire until raisin are plump. If desired add one saucer of sliced citron.

TOMATO AND RAISIN PICKLE.

Eight pounds of green tomatoes, sliced thin; two pounds of sugar, 1 dozen large onions, 1 teaspoonful each of cloves, cinnamon, mace and salt. Boil tomatoes in clear water until tender, then drain, add one quart of vinegar, boil one half hour longer, add two pounds of raisins and boil a few minutes longer, add some pepper.

CANNED CORN.

Nine cups new corn, 2½ cups water, one-half cup salt, 3-4 cup sugar. Boil 20 minutes and put into jars.—Mrs. H. W. M.

CHILI SAUCE.

24 large tomatoes, 4 green peppers, 6 large onions, 2 tablespoons ginger, 1 tablespoon black pepper, 4 tablespoons salt, 6 tablespoons sugar, 3 tablespoons cinnamon, 1 tablespoon of mustard and 6 cups of vinegar. Cook until thoroughly done.—Mrs. J. W. Fain.

CHOW-CHOW.

Six pints of chopped cabbage, 1 quart of chopped onions, 2 tablespoons white mustard seed, 2 tablespoons celery seed, 2 tablespoons of salt, 2 tablespons mustard, 2 tablespoons cinnamon, 2 cups sugar, 3 green peppers. Cover with good vinegar and boil 20 minutes or until it turns yellow. Seal while hot.

JANIE GREEN PICKLES.

One peck of green tomatoes, 1 cup of salt, 1 large head of celery, 2 cups of brown sugar, 6 small onions, 1 tablespoon of ground cinnamon, 1 tablespoon ground allspice, 1 tablespoon ground mustard, 2 quarts of good sharp vinegar. Chop the tomatoes in the salt and let stand over night, in the morning drain off the salt water then chop the onions and celery. Mix the sugar, pepper, cinnamon and mustard. Put in the kettle a layer of onions, tomatoes, celery and allspice, and so on untili all is used. Then cover with vinegar cook slowly, until the tomatoes are soft. Cabbage or a quart of cucumbers may be used with the tomatoes. Slived or grated horse radish gives a nice flavor.—Mrs. G. B. T.

JELLY.

Boil fruit until perfectly done, put in a thin bag, let drip, and to every quart of juice add 1 quart of sugar.—Mrs. Harlee.

CHILI SAUCE.

Two dozen ripe tomatoes, 1 dozen geren peppers of the long, hot kind, not Bell peppers, 6 onions. Skin tomatoes and chop or grind in meat chopper. Put on to boil with 7 tablespoons of salt, 8 tablespoons of brown sugar, 1 tablespoon of black pepper. Take seed out of 6 peppers and let them stay in 6. When boiled one hour put in one tablespoon full of celery seed and 1 quart of vinegar. Seal air tight.

Hello! Well! What is it? Send me some Velva Syrup.

CHOW-CHOW.

Four qts. of cabbage, cut fine; 2 qts. of green tomatoes, cut fine; 2 qts. of onions, cut fine; ½ cup of green peppers (hot), cut fine; 1 lb. white mustard seed, 1 oz. celery seed; 1 oz. tumeric, 2 lbs. of sugar, 4 tablespoons of salt and 1 gal of vinegar. Put this mixture on stove and let boil one hour.—W.

CHOW-CHOW PICKLES.

One oz. tumeric, 2 oz. white mustard, 2 lbs. sugar, 1 qt. vinegar, ½ box mustard, 2 large cabbage, 18 cucumbers, 3 doz. onions. —Mrs. Black.

BORDEAUX SAUCE.

One qt. cabbage, 1 red bell pepper, 1 green bell pepper, 2 tablespoon salt, 1 tablespoon ground allspice, 2 teaspoons celery seed, 1 pt. green tomatoes, 2 cups vinegar, 1½ onions, ½ cup sugar, 2 teaspoons mustard, 2 teaspoons ground cloves.

Run vegetables through chopper. Put all in kettle, tie the spices in a cheese cloth. Cook about one hour or until juice has boiled away. Put in glass jars and seal. Good.—Mrs. Barham.

What must I have for breakfast?
Hot waffles and Velva Syrup.

BLACKBERRY ACID.

Cover two gallons berries with two gallons boiling wateer, allow to stand for 24 hours, press and strain. Then add to every 3 pints of juice 2 pounds of white sugar and add to the entire liquid, 5 oz. of tartaric acid, allow this to stand 8 hours, and then bottle and cork well. Serve 1-2 glass of acid with 2-3 glass of crushed ice.—Mrs. J. R. Copeland.

CRANBERRY CONSERVE.

Two pints of cranberries, half a pound of English walnuts, one large orange, three cups of sugar, 1-4 of a pound of raisins, 1 1-3 cups of wateer. Pick over and wash the cranberries, put them into a saucepan with half of the water and boil until the skins break. Rub through a strainer and add the remaining water, sugar, raisins, nut meats broken in small pieces, and the orange pulp finely cut. Bring slowly to the boiling point and allow to cook gently for half an hour. Divide into small molds and chill. Turn out when required. Delightful.—Mrs. Tarrant.

WEIGHTS AND MEASURES.

SUGAR.

Two heaping teaspoonsful equal one heaping tablespoonful.

One heaping tablespoonful of granulated A coffee, of best brown, equals one ounce.

Two heaping tablespoonsful of powdered equal one ounce.

Two level teacupsful of granulated equal one pound.

Two level coffee cupsful of powdered equal one pound.

Two an done-half level teacupsful of best brown equal one pound.

Two and three-quarters level teacupsful of powdered equal one pound.

One and one-half level coffee cupsful of granulated equal one pound.

One pint A coffee equals twelve ounces.

One heaping pint of granulated equals fourteen ounces.

One quart of powdered equals one pound and seven ounces.

One quart of granulated equals one pound and nine ounces.

One quart of any kind equals four teacupsful.

One teacupsful equals eight ounces fluid, or two gills.

One teacupful or sixteen tablespoonsful equal one half a pint or two gills.

A common sized tumbler holds one-half pint.

FLOUR.

Two heaping teaspoonsful equal one heaping tablespoonsful.

Two heaping teaspoonsful equal one ounce.

Five heaping tablespoonsful equal one teacupful.

Five teacupsful of sifted flour equal one pound.

Three and one-half level teacupsful of corn meal equal one quart.

One quart of sifted flour equals one pound.

BUTTER.

One tablespoonful of soft butter, well filled equals one ounce.

Size of a mediu megg equals two ounces.

Four heaping tablespoonsful of soft butter equal one teacupful.

Two teacupsful of packed soft butter, equal one pound.

One pint of well-packed soft butter equals one pound.

Eight large or ten medium sized eggs equal one pound.

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What must I have for breakfast?

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2 lemons
10 cents marshmallows
nuts (choice)
cut grapes and marshmallows
fine also nuts mix pieces of
oranges and lemons and
mix well other ingredients
sweeten to taste
stir into 1 pt of whipped
cream -

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